

It Is Iron In The Blood That Makes Iron Muscles Like These---

Physician Explains A Secret of the Great Power and Endurance of Athletes—Tells How Organic Iron—Nuxated Iron Builds Rich, Red Blood That Gives Physical Strength and Energy

To touch the arm of a strong, sturdy man—to feel the steel-like firmness of those muscular sinews—to think of the tremendous force and power that must lie behind such strength—these are thrills that come to the thin-blooded men and women whose own bodies are weak and physically unfit.

It takes men of red-blooded force and power to hit the sledge-bumper blows that count—and whether you are a pile-driver or a bank president, you cannot expect to win out against odds forever unless you are a man of iron—constantly able to write—and strike hard.

There are countless numbers of men today who are broken in health and steadily going down to physical and mental decay, says Dr. John J. Van Horne, formerly Medical Inspector and Clinical Physician on the Board of Health of New York City. "Yet there are thousands of such men who undergo a most remarkable transformation the moment they get plenty of the right kind of iron into their blood to give increased energy and endurance. To help build stronger, healthier men and women, better able physically to meet the problems of everyday life, I believe that physicians should, at every opportunity, prescribe organic iron—Nuxated Iron—in my experience it is one of the best tonic and red blood builders known to medical science."

If you are not strong or well, just one of it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-cent tablets of Nuxated Iron from three times per day, after meals, for two weeks. Then test your strength again and see for yourself how much you have gained. Many an athlete or prize fighter has won the day simply because he knew the secret of great strength and endurance, which comes from having plenty of iron in the blood, while many another has gone down to inglorious defeat simply for lack of iron.

Remedial Note: Nuxated Iron, which is not a secret remedy, but one which is well known to doctors everywhere, builds the red blood from within. It is easily assimilated and does not irritate the stomach. The main reason why it is so successful is that it builds the blood from within. It is not a secret remedy, but one which is well known to doctors everywhere, builds the red blood from within. It is easily assimilated and does not irritate the stomach. The main reason why it is so successful is that it builds the blood from within.

FOR SALE BY CHARLES OSGOOD CO. and LEE & OSGOOD CO.

NORTH STERLING

Miss Marie M. Griffiths has been visiting her aunt in Norwich.

Mr. and Mrs. Oliver Arnold and Mr. and Mrs. Warren Williams of North Sterling, R. I., were visitors Sunday at J. E. Griffiths.

Miss John Bryant, who has been in Rockland, R. I., several weeks, has returned home.

Winifred Griffiths attended Douglas camp meeting Sunday.

Elmer Blackman of North Sterling, R. I., has been collecting berries with his truck.

Mrs. Fred Cole has been visiting Mrs. Elmer Blackman of North Sterling.

Luther Cole and family, Byron Place and family and Charles Foster and family spent Sunday at the shore.

George C. Spooner and family were visitors at East Hingham Sunday.

At the home of Mr. and Mrs. John T. Griffiths July 17th their oldest daughter,

Myrtle Abbe, was united in marriage with Frank H. Gray of Moosup.

The home of Herbert Place was struck by lightning Saturday afternoon. Mr. Place receiving quite a hard shock as he stood near the pump which was badly damaged by the bolt.

Head Big Chief Black Bear and his warriors went on the warpath last week and secured a scalp, changing the score so that the Apaches are now 20 points ahead. The Cherokees had better look out when they hear the Apache warcry.

George Pierce and family spent Sunday in Worcester.

Frank Swanson and family of Providence were week end visitors at Charles Sahlen's.

Portland—Friends of Ansel A. Packard, superintendent of the Connecticut Power company, learn that the University of Maine has conferred upon Mr. Packard the degree of electrical engineer. Mr. Packard was graduated from the university with the class of '16.

WESTERLY

The police were called to settle a family row in Pierce street, not in an Italian family this time, as the parties in interest were colored. It was learned that a boy recently discharged from the navy took exception to the actions of the sister when away from home and when she returned Saturday night, he spoke to her in the plainest possible terms. She reacted and he slapped her face. The father intervened and he ordered the boy to quit the home. He declined and was forcibly ejected. He smashed the panel of the door and reentered the house. The father persisted but the boy refused. A policeman was called and the story of the affair was given him in detail. The officer declared it was not up to him to make adjustment. It was not in his line, but if the father wanted the boy arrested, all he had to do was to make the complaint.

The boy said there was a bank book in the house belonging to him, with a balance of \$4. He said he was willing to pay for repairing the door and suggested that the bank book be given the officer as evidence of good faith. The bank book was not produced, the father claiming that no such book was in the house. He did not want the boy arrested but he wanted the boy to get out of the house. As the case at this point was not within police jurisdiction, the officer returned to his regular duty.

The boy spent the night elsewhere, but was at his father's place of business early Tuesday morning. He declared he would not leave until the bank book was handed over to him. Then he would pay for the smashed door and seek more genial quarters. Again the police was called in and the officer insisted that it was not in his line to adjust family troubles, only by the arrest method. Eventually the boy got possession of his bank book. He declared there was more peace and quiet for him in the navy, than at his home here.

Federal Prohibition Agent Archambault, has sent a circular to the heads of the several police departments of Rhode Island setting forth the part the police are expected to take in the prosecution of violations of the prohibition law. The circular reads: "There seems to be some misunderstanding as to what part the police departments of the cities and towns should take in enforcing prohibition. The city and town police departments of the country are expected to arrest and prosecute all violators of the prohibition laws. If at any time they feel that the federal prohibition agents could more effectively act, they should call upon the federal prohibition agent in charge for assistance and co-operation."

"There are in Rhode Island only 10 prohibition agents. The police departments of the cities and towns of this state are composed of many times that number of men. It cannot be expected that only ten agents can suppress all violations. The city and town police departments must be vigilant if prohibition is to be enforced."

"I hope that your police department will endeavor to enforce prohibition in your city (or town) and that you will feel at liberty at all times to call on the federal prohibition agent-in-charge of the federal prohibition director for assistance."

In the second district court Archie Carson of Pawtucket, was adjudged probably guilty, by Judge Nathan B. Lewis, of operating the automobile of George A. Cummings without the

Children Cry FOR FLETCHER'S CASTORIA

admitted to membership into the new one, which combines all male employees of the telephone companies of the state into one organization.

The state board of agriculture of Rhode Island is on the lookout for the corn borer, in anticipation of an invasion from Massachusetts, where it is doing considerable damage to the corn crops. Secretary John J. Dunn, of Westerly, representing the state board, asks that the appearance of the pest be reported to him, that measures can be taken to prevent spread. The corn borer came from Europe about five years ago but has not been reported in Rhode Island. It is rather long and slim and attacks the stalks of the corn.

Local Laconics.
Dr. C. Grant Savage was called to Gardiner, Maine, Tuesday, because of the death of his father, Ashbury C. Savage, aged 74. Death was sudden.

There was a report in Westerly Tuesday, that two Westerly men, brothers, were arrested at the Connecticut river bridge by federal officers. Two large trucks laden with valuable textile goods from Providence to Philadelphia, passed through Westerly Tuesday. A Pinkerton detective, fully armed, set in the seat with each driver. The Knights of Columbus will have a clam bake at Barnes' Point, Brightman's pond.

Judge Herbert W. Rathbun and John S. Coy spent Tuesday at Narragansett Pier.

J. Hobart Wells of Providence, president of the Rhode Island Hospital Trust company, was in Westerly Tuesday.

STONINGTON

There has been confusion of the date for the Community house dedication and the annual inspection and parade of the Stonington Fire department. The date is Saturday, August 14. It will be a festival day for the borough.

Stonington Pointers.
There were twenty-seven ballots cast in the borough election. Of these twenty-two were straight democratic, four scratched and one was mutilated. Mr. and Mrs. Charles S. Ryan have as guests, Mr. and Mrs. Frank E. Ryan, of Bloomfield, N. J.

Mrs. Emma D. Kelley has returned from a visit in Warren, Mass.

Joseph F. Leahy is visiting relatives in Plainfield, N. J.

Miss Mary King of Providence is the guest of Miss Lilla Noyes.

Power boat Lena brought in on Monday three big sword fish.

Election will be given an opportunity for caucus registry August 6 and 13.

Many friends attended the funeral of Mrs. Margaret Powers, Monday. The high mass of requiem in St. Mary's church was sung by Rev. E. J. O'Brien. Burial was in St. Mary's cemetery.

NORTH STONINGTON

Neighbors' Night at the grange last Friday evening brought together a large number of visitors, eight granges being represented, besides the local grange. An excellent programme, largely musical, was given by the visitors, after which sandwiches, cake and lemonade were served. Dancing followed.

The Ladies' society of the First Baptist church gave a pleasant 4 o'clock tea at the home of Mrs. George A. Thompson, Thursday afternoon. Salads, sandwiches, cake and tea were served.

Rev. Dr. and Mrs. J. Beveridge Lee of New London are spending a part of their vacation as guests of Miss Della A. Wheeler. Dr. Lee supplied the pulpit

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NORWICH, CONN.

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Private Seal is a refreshing, tasty drink, a wholesome, nourishing food tonic. Ask for it by name to insure against substitution. Order a case TODAY—from your grocer or dealer, as usual.

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The most carefully selected malt and hops are used as of old. The same thorough system of brewing is followed. It is still stored away for a long period in glass-lined tanks to insure the mellowness, richness and body that have always identified this refreshing brew.

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